

This listing of the claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Twice Amended) A body support device comprising:  
  
an underside portion having a plurality of substantially right angled steps, each step adapted to contact for placement on an edge portion of a counter when the step is placed on the counter ~~an elevated surface~~, wherein the plurality of steps provide a plurality of different placements of the underside portion on the edge portion of the counter ~~elevated surface~~; and  
  
an upper side portion adapted for leaning thereon by a person.
2. (Currently Amended) A body support device as defined in claim 1, wherein said plurality of steps provide a plurality of different height placements of said body support device on the edge portion of the counter ~~elevated surface~~.
3. (Currently Amended) A body support device as defined in claim 1, wherein said plurality of steps provide a plurality of different distance placements of said body support device from the edge portion of the counter ~~elevated surface~~.
4. (Currently Amended) A body support device as defined in claim 1, further comprising a weight, each step adapted to receive the weight, wherein the weight is added to a portion of said body support device positioned above the counter ~~elevated surface~~ when said underside portion is placed on the edge portion of the counter ~~elevated surface~~ to maintain said body support device on the edge portion of the counter ~~elevated surface~~.

5. (Original) A body support device as defined in claim 4, further comprising a plurality of cavities, wherein each cavity is adapted for insertion of said weight therein.

6. (Currently Amended) A body support device as defined in claim 1, said underside portion adapted for frictional engagement with the edge portion of the counter ~~elevated surface~~.

7. (Currently Cancelled)

8. (Original) A body support device as defined in claim 1, further comprising means for receiving a belt, said belt removably fastening said body support device to the person.

9. (Currently Amended) A body support device as defined in claim 1, said upper side further adapted to provide support for the person's elbows when leaning over the counter ~~elevated surface~~.

10. (Original) A body support device as defined in claim 1, wherein said upper side portion is adapted for leaning thereon by a person in a standing position.

11. (Original) A body support device as defined in claim 1, wherein said upper side portion is adapted for leaning thereon by a person in a seated position.

12. (Original) A body support device as defined in claim 1, wherein said upper side portion comprises a flexible material.

13. (Original) A body support device as defined in claim 12, wherein said flexible material is water resistant.

14-35: (Previously Cancelled)

36. (Twice Amended) A method for supporting the body of a person when leaning over a counter ~~an elevated surface~~ comprising:

placing a removable body support device on an edge portion of the counter ~~elevated surface~~, the body support device comprising an underside portion adapted to contact the ~~for placement on an~~ edge portion of the counter ~~elevated surface~~ when the body support device is placed on the counter and an upper side portion adapted for leaning thereon by a person; and

leaning on ~~toward~~ the body support device by a frontal hip and abdominal region of the person, the leaning causing a substantial lateral portion of the frontal hip and abdominal region of the person to press against the upper side; ~~and~~

~~contacting the body support device with a waist region of the person when leaning over the elevated surface.~~

37. (Currently Amended) The method as defined in claim 36, further comprising maintaining the body support device on the edge portion of the counter ~~elevated surface~~ when a person is not contacting the body support device.

38. (Currently Amended) The method as defined in claim 37, wherein said body support device is maintained by adding at least one weight to a portion of the body support device positioned above the counter ~~elevated surface~~ when placing the body support device on the edge portion of the counter ~~elevated surface~~.

39. (Currently Amended) The method as defined in claim 37, wherein said body support device is maintained by releasably fastening the body support device to the edge portion of the counter ~~elevated surface~~.

40. (Currently Amended) The method as defined in claim 37, wherein said body support device is maintained by frictionally engaging the underside portion of the body support device with the edge portion of the counter ~~elevated surface~~.

41. (Original) The method as defined in claim 36, further comprising adjusting the height and distance of the body support device from the edge portion of the ~~elevated surface~~, wherein the underside portion is shaped for adjusting the height and distance of the body support device from the edge portion of the ~~elevated surface~~.

42. (Currently Amended) A method for supporting the body of a person when leaning over a counter ~~an elevated surface~~ comprising:

fastening a body support device to a frontal hip and abdominal region of the [a] person, the body support device comprising an underside portion adapted to contact ~~for placement on~~ an edge portion of the counter ~~elevated surface~~ and an upper side portion adapted for leaning thereon by the person;

~~leaning toward the elevated surface;~~

placing the underside portion on the edge portion of the counter ~~elevated surface~~; and

leaning on the outer side of the body support device when leaning over the counter, ~~elevated surface~~ the leaning causing a substantial lateral portion of the frontal hip and abdominal region of the person to press against the upper side.

43. (Currently Amended) The method as defined in claim 42, further comprising:

- removing the body support device from the counter ~~elevated surface~~ by ~~the person moving away from the elevated surface~~;
- ~~leaning toward a second elevated surface~~;
- placing the underside portion of the body support device on an edge portion of a ~~the second~~ counter ~~elevated surface~~; and
- leaning on the outer side of the body support device when leaning over the second counter, the leaning causing a substantial lateral portion of the frontal hip and abdominal region of the person to press against the upper side ~~elevated surface~~.

44. (Twice Amended) A method for supporting the body of a person when leaning over a counter ~~an elevated surface~~ comprising:

- placing a body support device on an edge portion of the counter ~~elevated surface~~, the body support device comprising a first portion having an inner side and an outer side, and a second portion having an inner side and an outer side;
- placing a weight on a portion of the body support device disposed on top of the counter ~~elevated surface~~, the placing of the weight causing the body support device to remain on the edge portion of the counter;
- leaning on ~~toward~~ the body support device with a frontal hip and abdominal region of the person, the leaning causing a substantial lateral portion of the frontal hip and abdominal region of the person to press against the body support device;
- ~~contacting the body support device when leaning over the elevated surface~~.

45. (Currently Amended) The method as defined in claim 44, wherein said placing of the body support device comprises placing the inner side of the

first portion on top of the counter ~~elevated surface~~ and the inner side of the second portion on a side of the counter ~~elevated surface~~.

46. (Currently Amended) The method as defined in claim 44, wherein said placing of the body support device comprises placing the inner side of the second portion on top of the counter ~~elevated surface~~ and the inner side of the first portion on a side of the counter ~~elevated surface~~.

47-50: (Previously Cancelled)

51. (Currently Amended) The method as defined in claim 44, further comprising adjusting the height and distance of the body support device from the edge portion of the counter ~~elevated surface~~, wherein the inner side portion of the first portion and the inner side portion of the second portion are shaped for adjusting the height and distance of the body support device from the edge portion of the counter ~~elevated surface~~.

52. (Currently Amended) The method of claim 44, further comprising fastening the body support device to a waist frontal hip and abdominal region of a person.

53-57. (Cancelled)